

Ontario Masters

8K Cross Country Championship

Sunnybrook Park
November 5, 2000

				Grand Prix				
				Pts				
W30					M35			
Tanja Degen	31	UNA	34:14.0		Gord Christie	39	UNA	28:02.0
Barb Emery	30	RRB1	38:26.0		John Gonos	35	UNA	30:59.0
W35					Allan Magi	37	UNA	31:02.0
Elizabet Carmichael	39	UNA	30:43.0		Mark Weist	36	LBA1	31:21.0
Colleen Hopkins	36	UNA	33:03.3		Peter Bowen	38	LMA1	33:51.0
Angela Barker	35	LBF1	38:37.0		Jeff McCartney	39	SMA1	37:13.0
Louise Soucy-Fraser	39	EHF1	39:46.8	2	M40			
Viki Bankuti	38	UNA	41:32.0	1	Rob Earl	41	ETA1	29:04.0
Alemfa Dopuda	38	LBF1	42:40.0		James Earl	41	ETA1	29:12.0
W40					Jonathan Black	42	UNA	29:35.0
Gale Grant	40	UNA	36:27.0		Mike Vidito	44	UNA	30:11.0
Katherine Willis	42	EHF1	39:13.0	1	Doug Kennedy	41	UNA	30:41.0
Deidre Newman	44	UNA	42:59.0		Gord Kerr	44	LMB1	31:27.0
W45					Al Baigent	44	TOB1	31:29.0
Adele Emo	49	LBF1	39:46.0	3	Des Moloney	40	ETA1	31:36.0
Christine Pimm	49	UNA	40:54.0		Alan Davis	44	LMB1	31:50.0
Christine Guy	47	EHF1	41:01.0	2	Wayne Morris	44	LMA1	33:43.0
Cathy Tedford	47	SMA1	54:54.0	1	James Morrison	41	LMB1	33:52.0
W50					Alex Keeting	43	EHB1	34:31.0
Linda Findley	52	EHF1	37:28.0	2	Gord Gallenger	40	UNA	35:38.0
Valerie Story	53	MFC1	40:06.0	1	David Spielvogel	43	SMA1	35:47.0
W55					M45			
Tina de Geus	56	LBF1	49:59.0		Paul Craig	47	TOB1	27:39.0
W60					Jerry Kooymans	45	TOB1	27:54.0
Adri Rowswell	60	SMA1	47:36.0	1	John Craig	47	TOB1	29:26.0
W65					George Aitkin	48	UNA	29:54.0
Molly Turner	66	MFC1	40:43.0	1	Fred Robbins	46	STB1	30:03.0
					John Grace	48	UNA	30:55.0
					Keith Rodrigues	47	UNA	32:37.0



Photo - Cathy Smith



W65 Molly Turner



W35 Viki Bankuti



W60 Adri Rowswell

Rouge River Road Runners
Brad Simser, Murray Mostyn, John Pickard, Jim Pascoe

Jim Rawling	45	LBB1	33:01.0	
David Irvine	46	UNA	34:07.0	9
Tim Uuksulainen	49	LBB1	34:18.0	8
Ken Felepchuk	45	STB1	34:48.0	7
Peter Allen	47	EHB1	35:16.0	5
Denton Creighton	45	LMA1	36:03.0	4
Doug Smith	49	UNA	36:20.0	3
Frank DiRienzo	46	EHB1	36:36.0	2
Gord England	47	RRB1	37:31.0	1
Jim Pollock	47	UNA	38:12.0	

M50				
Mike Bedley	53	LBC1	32:45.0	7
Tim Payne	50	RRC1	33:03.0	10 M45
John Picard	52	RRC1	33:05.0	6
Brad Simser	52	RRC1	33:19.0	5
Murray Mostyn	54	RRC1	33:57.0	4
Roger DePlancke	50	RRC2	35:07.0	6 M45
Tony Fletcher	50	LBC1	35:30.0	
Michael Carter	51	SMC1	36:02.0	3

M35
Gord
Christie



Photo - Cathy Smith



Don Krueger	51	EHC1	36:19.0	2
Howard Parker	50	RRC2	38:24.0	1
Jim O'Handley	51	UNA	42:42.0	

M55				
Robert Moore	59	UNA	31:55.0	5
Charlie Upshall	56	EHB1	34:12.0	4
Vern Christensen	59	SMC1	35:27.0	3
Terry Emmett	55	UNA	36:15.0	
Reg Wilson	57	SMC1	37:23.0	2
David Booth	55	UNA	37:32.0	
Clive Randewich	58	UNA	40:23.0	
Alan Carter	59	RRB1	42:59.0	1

M45's Jerry Kooymans and overall winner Paul Craig

Photo - Cathy Smith

Paul Collier	57	LBC1	49:43.0	
M60				
Jack Geddes	63	SMC1	33:38.0	4
Don Jones	64	EHD1	38:42.0	3
Jim Pascoe	62	RRC2	42:00.0	1
M65				
Gerhard Krolow	65	MFC1	39:39.0	2 M60
Jim Milligan	66	LBD1	40:45.0	4
Bob Wild	68	UNA	40:55.0	3
Morgyn Paterson	68	EHD1	43:01.0	2
Eugene Scanlan	65	LBB1	48:47.0	
M70				
Earl Fee	71	UNA	40:02.0	3
Ralph Lang	72	MFE1	42:33.0	2
Felix Charles	72	EHD1	49:48.0	1
Ken Morris	70	UNA	53:44.0	1 M65
M75				
Bill Cameron	77	MFE1	50:35.0	2
Odino Soligo	79	UNA	51:44.0	1



10m from the finish line, **W35 Louise Soucy-Fraser** is closing fast on **W45 Adele Emo**. Adele prevailed at the tape by 0.8 sec.

Course set up; Brian, Doug, Bob Moore, Jim Flowers, Ralph Lang, Finish line; Jack, Jim, Brian, Jean-Francois Latour, Results; Christine Paterson, Julie Critchell, Jim Pascoe, Refreshments; Vern, Ruth Carrier.

Special thanks to the Scarborough Masters for providing the refreshments.

Team Awards

(top three times score)

W35-39
Etobicoke Huskies Striders 116:27
Willis, Findley, Soucy-Fraser, Guy

Longboat 121:03
Barker, Emo, de Geus, Dopuda

W50-59
Metro Fitness 80:46
Turner, Story

M35-39
Lakeshore Masters 103:37
Bowen, Creighton, Wayne Morris

Scarborough Masters 120:36
McCartney, Spielvogel, Tedford, Rowswell

M40-49
Toronto Olympic Club 84:59
J.Craig, Kooymans, P.Craig, Baigent

East Toronto Striders 89:52
Moloney, R.Earl, J.Earl

Lakeshore Masters 97:09
Kerr, Davis, Morrison

Etobicoke Huskies Striders 103:59
Allen, DiRienzo, Upshall, Keeting

Longboat 116:06
Rawling, Uuksulainen, Scanlon

Rouge River 118:56
England, Emery, A.Carter

M50-59
Rouge River 'A' 99:27
Mostyn, Payne, Simser, Pickard

Scarborough Masters 105:07
Christensen, Geddes, M.Carter, Wilson

Longboat 109:00
Fletcher, Bedley, Collier, Milligan

Rouge River 'C' 115:31
DePlancke, Pascoe, Parker

M60-69
Etobicoke Huskies Striders 131:31
Jones, Paterson, Charles

M70+
Metro Toronto Fitness Club 93:08
Lang, Cameron

Sunnybrook 8K Cross Country Course Records

W35	Elizabet Carmichael	30:43	00
W40	Pearl Ing	35:40	99
W45	Adele Emo	39:22	99
W50	Linda Findley	37:28	00
W55	Joan Christensen	45:27	99
W60	Adri Rowswell	47:36	00
W65	Molly Turner	40:43	00
M35	Gord Christie	28:02	00
M40	Jerry Kooymans	27:47	99
M45	Paul Craig	27:39	00
M50	Murray Hale	31:35	99
M55	Bob Moore	31:49	99
M60	Jack Geddes	33:38	00
M65	Gerhard Krolow	39:39	00
M70	Earl Fee	38:55	99
M75	Bill Cameron	50:35	00

W35-39	Etobicoke	1:46:27	00
Willis, Findley, Soucy-Fraser, Guy			

W40-49	Longboat	2:00:26	99
Ing, Emo, Walker			

W50-59	MTFC	1:20:46	00
Turner, Story			

M35-39	East Toronto	1:32:19	99
J.Earl, R.Earl, Moloney			

M40-49	Toronto Olympic	1:24:59	00
J.Craig, Kooymans, P.Craig, Baigent			

M50-59	Rouge River	1:39:27	00
Mostyn, Payne, Simser, Pickard			

M60-69	Etobicoke HS	1:55:40	99
Crichton, Jones, Graves			

M70+	MTFC	1:33:08	00
Lang, Cameron			